



National Nutrient Database for Standard Reference

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Statistics Report 36022, APPLEBEE'S, crunchy onion rings

Report Date: July 04, 2017 17:06 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	33.09	6	0.739	29.69	34.66	5.0	31.189	34.988	1	Analytical or derived from analytical	--	03/2013
Energy	kcal	356	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Energy	kJ	1487	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Protein ¹	g	4.58	6	0.100	4.31	4.94	5.0	4.325	4.841	1	Analytical or derived from analytical	--	03/2013
Total lipid (fat) ¹	g	19.61	6	0.382	18.13	20.82	5.0	18.628	20.591	1	Analytical or derived from analytical	--	03/2013
Ash ¹	g	2.55	6	0.034	2.39	2.61	5.0	2.46	2.633	1	Analytical or derived from analytical	--	03/2013
Carbohydrate, by difference	g	40.17	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Fiber, total dietary ¹	g	3.1	3	0.351	2.4	3.6	2.0	1.546	4.567	1	Analytical or derived from analytical	--	03/2013
Sugars, total ¹	g	4.48	3	0.178	4.26	4.83	2.0	3.71	5.243	1	Analytical or derived from analytical	--	03/2013

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Sucrose 1	g	1.07	3	0.022	1.04	1.11	2.0	0.972	1.161	1	Analytical or derived from analytical	--	03/2013
Glucose (dextrose) 1	g	1.17	3	0.047	1.08	1.22	2.0	0.973	1.374	1	Analytical or derived from analytical	--	03/2013
Fructose 1	g	1.05	3	0.056	0.94	1.13	2.0	0.805	1.288	1	Analytical or derived from analytical	--	03/2013
Lactose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
Maltose 1	g	1.19	3	0.179	0.88	1.5	2.0	0.42	1.96	1	Analytical or derived from analytical	--	03/2013
Galactose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
Starch 1	g	32.53	3	0.821	30.9	33.5	2.0	29.0	36.067	1	Analytical or derived from analytical	--	03/2013
Minerals													
Calcium, Ca 1	mg	22	6	0.538	21	24	5.0	20.966	23.734	1	Analytical or derived from analytical	--	03/2013
Iron, Fe 1	mg	0.67	6	0.015	0.61	0.73	5.0	0.633	0.711	1	Analytical or derived from analytical	--	03/2013
Magnesium, Mg 1	mg	17	6	0.604	16	19	5.0	15.365	18.468	1	Analytical or derived from analytical	--	03/2013

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Phosphorus, P 1	mg	90	6	2.630	80	99	5.0	82.94	96.46	1	Analytical or derived from analytical	--	03/2013
Potassium, K 1	mg	135	6	6.660	119	166	5.0	117.712	151.954	1	Analytical or derived from analytical	--	03/2013
Sodium, Na 1	mg	833	6	13.529	794	873	5.0	798.555	868.112	1	Analytical or derived from analytical	--	03/2013
Zinc, Zn 1	mg	0.43	6	0.010	0.4	0.47	5.0	0.408	0.461	1	Analytical or derived from analytical	--	03/2013
Copper, Cu 1	mg	0.087	6	0.002	0.08	0.1	5.0	0.082	0.093	1	Analytical or derived from analytical	--	03/2013
Manganese, Mn 1	mg	0.486	6	0.016	0.44	0.55	5.0	0.444	0.528	1	Analytical or derived from analytical	--	03/2013
Selenium, Se 1	µg	6.0	3	0.153	5.8	6.3	2.0	5.343	6.657	1	Analytical or derived from analytical	--	03/2013
Vitamins													
Thiamin 1	mg	0.107	3	0.003	0.1	0.11	2.0	0.092	0.121	1	Analytical or derived from analytical	--	03/2013
Riboflavin 1	mg	0.091	3	0.003	0.09	0.1	2.0	0.077	0.104	1	Analytical or derived from analytical	--	03/2013
Niacin 1	mg	0.730	3	0.006	0.72	0.74	2.0	0.705	0.755	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid 1	mg	0.405	2	--	0.39	0.42	1.0	--	--	1	Analytical or derived from analytical	--	03/2013
Vitamin B-6 1	mg	0.077	3	0.002	0.07	0.08	2.0	0.069	0.085	1	Analytical or derived from analytical	--	03/2013
Vitamin A, RAE	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Retinol 1	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Carotene, beta 1	µg	2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Carotene, alpha 1	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Cryptoxanthin, beta 1	µg	1	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Vitamin A, IU	IU	4	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Lycopene 1	µg	0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Lutein + zeaxanthin 1	µg	13	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin E (alpha-tocopherol) ¹	mg	1.27	3	0.070	1.13	1.35	2.0	0.971	1.576	1	Analytical or derived from analytical	--	03/2013
Tocopherol, beta ¹	mg	0.21	3	0.019	0.17	0.23	2.0	0.128	0.288	1	Analytical or derived from analytical	--	03/2013
Tocopherol, gamma ¹	mg	8.83	3	0.403	8.18	9.57	2.0	7.095	10.566	1	Analytical or derived from analytical	--	03/2013
Tocopherol, delta ¹	mg	3.93	3	0.211	3.51	4.18	2.0	3.025	4.838	1	Analytical or derived from analytical	--	03/2013
Vitamin K (phylloquinone) ¹	µg	41.1	3	3.510	37.5	48.2	2.0	26.032	56.235	1	Analytical or derived from analytical	--	03/2013
Lipids													
Fatty acids, total saturated	g	3.574	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
4:0 ¹	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
6:0 ¹	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
8:0 ¹	g	0.009	3	0.001	0.01	0.01	2.0	0.003	0.014	1	Analytical or derived from analytical	--	03/2013
10:0 ¹	g	0.005	3	0.000	0.01	0.01	--	--	--	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
12:0 1	g	0.003	3	0.000	0	0	2.0	0.002	0.005	1	Analytical or derived from analytical	--	03/2013
14:0 1	g	0.022	3	0.002	0.02	0.03	2.0	0.013	0.031	1	Analytical or derived from analytical	--	03/2013
15:0 1	g	0.005	3	0.001	0	0.01	2.0	0.002	0.008	1	Analytical or derived from analytical	--	03/2013
16:0 1	g	2.237	3	0.110	2.03	2.4	2.0	1.764	2.709	1	Analytical or derived from analytical	--	03/2013
17:0 1	g	0.021	3	0.001	0.02	0.02	2.0	0.016	0.025	1	Analytical or derived from analytical	--	03/2013
18:0 1	g	1.123	3	0.067	0.99	1.21	2.0	0.835	1.411	1	Analytical or derived from analytical	--	03/2013
20:0 1	g	0.063	3	0.003	0.06	0.07	2.0	0.051	0.076	1	Analytical or derived from analytical	--	03/2013
22:0 1	g	0.062	3	0.002	0.06	0.06	2.0	0.052	0.072	1	Analytical or derived from analytical	--	03/2013
24:0 1	g	0.024	3	0.000	0.02	0.03	2.0	0.023	0.026	1	Analytical or derived from analytical	--	03/2013
Fatty acids, total monounsaturated	g	4.408	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:1 1	g	0.000	3	0.000	0	0	2.0	-0.001	0.002	1	Analytical or derived from analytical	--	03/2013
15:1 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
16:1 undifferentiated 1	g	0.037	3	0.005	0.03	0.05	2.0	0.016	0.058	1	Analytical or derived from analytical	--	03/2013
16:1 c 1	g	0.037	3	0.005	0.03	0.05	2.0	0.016	0.058	1	Analytical or derived from analytical	--	03/2013
16:1 t 1	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
17:1 1	g	0.012	3	0.000	0.01	0.01	2.0	0.01	0.013	1	Analytical or derived from analytical	--	03/2013
18:1 undifferentiated 1	g	4.301	3	0.192	3.98	4.64	2.0	3.474	5.127	1	Analytical or derived from analytical	--	03/2013
18:1 c 1	g	4.264	3	0.199	3.93	4.62	2.0	3.407	5.121	1	Analytical or derived from analytical	--	03/2013
18:1 t 1	g	0.036	3	0.007	0.02	0.05	2.0	0.005	0.067	1	Analytical or derived from analytical	--	03/2013
20:1 1	g	0.057	3	0.002	0.05	0.06	2.0	0.047	0.068	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:1 undifferentiated ¹	g	0.001	3	0.001	0	0	2.0	-0.003	0.005	1	Analytical or derived from analytical	--	03/2013
22:1 c ¹	g	0.001	3	0.001	0	0	2.0	-0.003	0.005	1	Analytical or derived from analytical	--	03/2013
22:1 t ¹	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
24:1 c ¹	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
Fatty acids, total polyunsaturated	g	10.255	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
18:2 undifferentiated ¹	g	8.983	3	0.371	8.24	9.39	2.0	7.386	10.58	1	Analytical or derived from analytical	--	03/2013
18:2 n-6 c,c ¹	g	8.854	3	0.377	8.1	9.28	2.0	7.232	10.476	1	Analytical or derived from analytical	--	03/2013
18:2 CLAs ¹	g	0.026	3	0.001	0.02	0.03	2.0	0.02	0.032	1	Analytical or derived from analytical	--	03/2013
18:2 t not further defined ¹	g	0.103	3	0.009	0.08	0.11	2.0	0.062	0.143	1	Analytical or derived from analytical	--	03/2013
18:3 undifferentiated ¹	g	1.252	3	0.078	1.11	1.38	2.0	0.915	1.589	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:3 n-3 c,c,c (ALA) ¹	g	1.178	3	0.083	1.03	1.32	2.0	0.821	1.535	1	Analytical or derived from analytical	--	03/2013
18:3 n-6 c,c,c ¹	g	0.074	3	0.007	0.06	0.08	2.0	0.043	0.104	1	Analytical or derived from analytical	--	03/2013
18:3i ¹	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
18:4 ¹	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
20:2 n-6 c,c ¹	g	0.008	3	0.001	0.01	0.01	2.0	0.005	0.012	1	Analytical or derived from analytical	--	03/2013
20:3 undifferentiated ¹	g	0.001	3	0.001	0	0	2.0	-0.002	0.004	1	Analytical or derived from analytical	--	03/2013
20:3 n-6 ¹	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
20:4 undifferentiated ¹	g	0.008	3	0.001	0.01	0.01	2.0	0.004	0.012	1	Analytical or derived from analytical	--	03/2013
20:5 n-3 (EPA) ¹	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
22:4 ¹	g	0.003	3	0.001	0	0	2.0	-0.003	0.008	1	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
22:5 n-3 (DPA) ¹	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
22:6 n-3 (DHA) ¹	g	0.000	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	03/2013
Fatty acids, total trans	g	0.139	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Fatty acids, total trans-monoenoic	g	0.036	--	--	--	--	--	--	--	--	Calculated or imputed	--	03/2013
Amino Acids													
Tryptophan ¹	g	0.042	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Threonine ¹	g	0.084	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Isoleucine ¹	g	0.157	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Leucine ¹	g	0.293	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Lysine ¹	g	0.063	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Methionine ¹	g	0.063	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Cystine ¹	g	0.115	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phenylalanine 1	g	0.199	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Tyrosine 1	g	0.094	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Valine 1	g	0.189	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Arginine 1	g	0.210	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Histidine 1	g	0.094	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Alanine 1	g	0.136	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Aspartic acid 1	g	0.220	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Glutamic acid 1	g	1.351	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Glycine 1	g	0.157	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Proline 1	g	0.576	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Serine ¹	g	0.136	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013
Hydroxyproline ¹	g	0.000	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	03/2013

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 16h, 2012 Beltsville MD